



## Name Cascara Compound

### Caps

Code	Size	Duration
C12-54	54 Capsules	Usually lasts 18 days
C12-100	100 Capsules	Usually lasts 33 days
C12-200	200 Capsules	Usually lasts 65 days

### Area concerned

Colon, digestion

### Ingredients

(min per capsule) Cascara 64mg, Barberry 64mg, Rhubarb Root 32mg, Bayberry 32mg, Wild Yam 32mg, Fennel 32mg, Cayenne 32mg, Ginger 32mg.

### Description

Based on *Dr Christopher's* widely-known formula. The prime ingredient is cascara bark, together with turkey rhubarb root, supported by barberry bark, cayenne, fennel, and other herbs. Naturopaths believe 2-3 bowel movements a day [as many as meals eaten] is the healthiest frequency. For best support, we recommend our **90-day Colon Programme** for the first 3 months of the 6-9 month course (see below), then continue with just **Cascara Compound** for the remainder.

### Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to four times this amount can safely be taken.

### How long to take it for

Take **Cascara Compound Capsules** every day, varying the amount taken as indicated by your body. After a few weeks use, most people take 1 capsule, 3 times a day. Use over an extended period (about 6-9 months). After 6 months, occasionally reduce the amount used or leave off altogether to check whether the body still desires herbal support.

### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

### Companion Products

90-day Colon Programme; Bio Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Drops; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea.

### Caps

### Drops

Code	Size	Duration
D04-50	50ml	Usually lasts 28 days
D04-100	100ml	Usually lasts 56 days

### Area concerned

Colon, digestion.

### Ingredients

Fluid extracts 20% Cascara, 20% Licorice, 20% Barberry, 11% Rhubarb Root, 11% Raspberry leaf, 11% Fennel extract, 5% Wild Yam, 1% Cayenne (tincture), 1% Ginger (tincture)

### Description

Based on *Dr Christopher's* widely-known formula. The prime ingredient is cascara bark, together with turkey rhubarb root, supported by barberry bark, cayenne, fennel, and other herbs. Naturopaths believe 2-3 bowel movements a day [as many as meals eaten] is the healthiest frequency. For best support, we recommend our **90-day Colon Programme** for the first 3 months of the 6-9 month course (see below), then continue with just **Cascara Compound** for the remainder.

### Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to four times this amount can safely be taken.

### How long to take it for

Take **Cascara Compound Drops** every day, varying the amount taken as indicated by your body. After a few weeks use, most people take 12-15 drops, 3 times a day. Use over an extended period (about 6-9 months). After 6 months, occasionally reduce the amount used or leave off altogether to check whether the body still desires herbal support.

### Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

### Companion Products

90-day Colon Programme; Bio Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Capsules; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea.

### Drops

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